



DEPARTMENT OF PUBLIC HEALTH  
ALBERTA

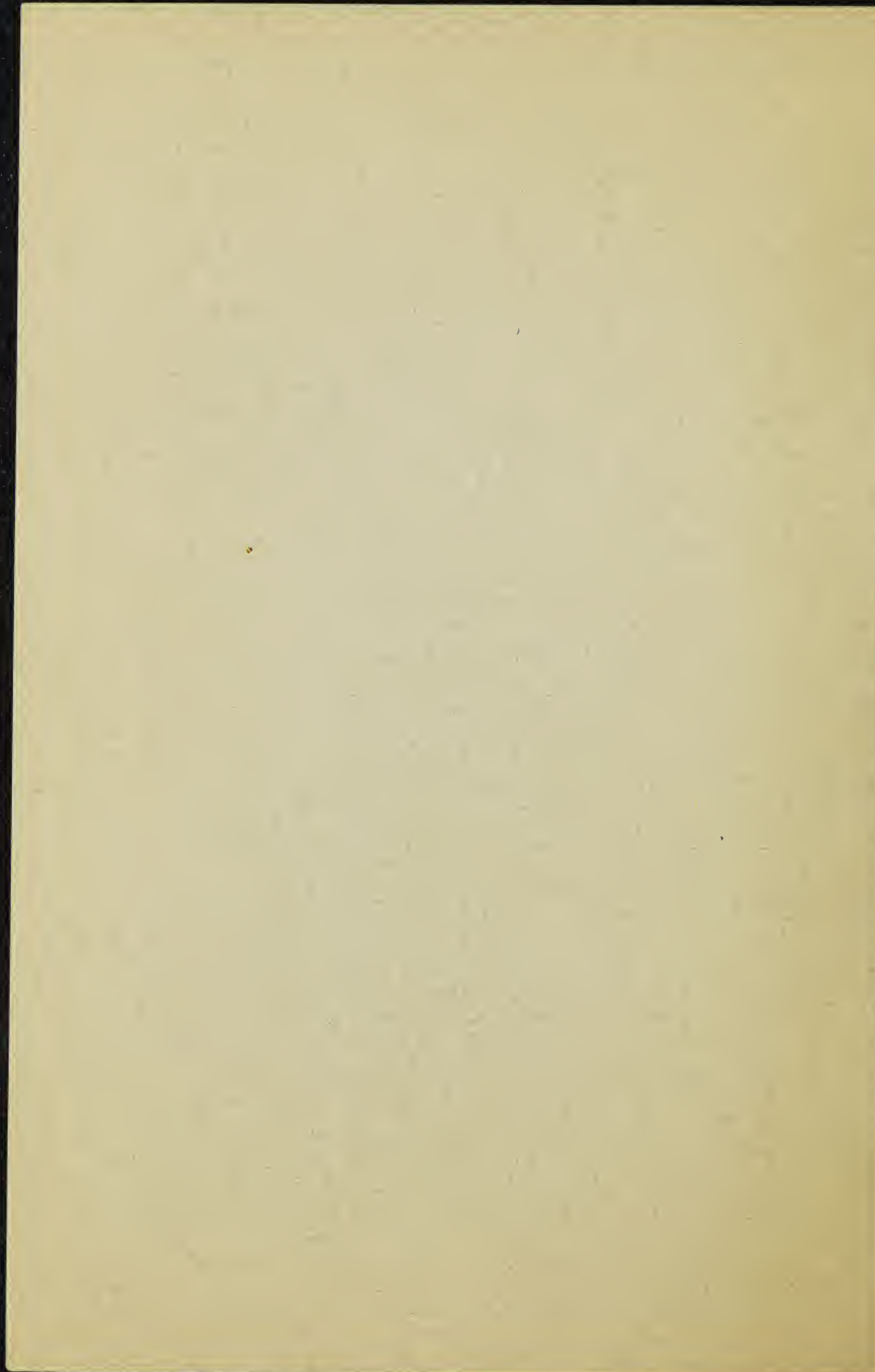
# MOTHER'S GUIDE BOOK

*"Make the Child an Asset—  
Not a Liability"*

Distributed by Authority of  
Hon. GEO. HOADLEY, Minister of Health

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EDMONTON:  
PRINTED BY W. D. McLEAN, ACTING KING'S PRINTER  
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## FOREWORD

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**T**HE PURPOSE of this book is but to bring to your attention facts and suggestions of tested value in regard to our future citizens.

By co-operation with such facts you will help build up the health of your Province.

# MOTHER'S GUIDE BOOK

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## PREGNANCY

PREGNANT—Probably no other word is more filled with intensity of meaning and emotions than this particular one, *mostly* of a gladsome expectant nature, but unfortunately sometimes also of the other extreme, which may frequently be overcome by adopting simple hygienic rules of living during that time, as here outlined.

PLACE YOURSELF UNDER A DOCTOR'S CARE as early as possible, in case of complications; prevention is preferable to cure.

AVOID worrying over your condition; child-birth is a perfectly natural and normal process.

AVOID overwork and fatigue, especially in the later months of pregnancy; this tends to bring about miscarriage and small, delicate children.

AVOID violent exercise for same reason.

AVOID much climbing of stairs and sewing-machine work during later months.

AVOID over-eating and lessen strain on organs of elimination.

INDULGE in extra sleep with open windows; also in a daily rest of one or two hours.

INDULGE in frequent walks in the open air; mild exercise in the fresh air and housework with open windows are better than medicine.

INDULGE in daily bathing, to assist the overworked excretory system, but not in water of extreme temperature.

## DANGER SIGNALS

CONSTIPATION—There should be at least one satisfactory bowel movement daily; if not, seek doctor's advice. This is most important.

SCANTY URINE OUTPUT—To guard against kidney complications, drink two quarts of liquid daily, sometimes more, never less.

PREMATURE LABOR—If labor seems threatened before proper time, the expectant mother must go to bed at once and remain until all danger is over.

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## HYGIENE OF PREGNANCY

### DIET

CHOICE—Provided that the mother-to-be abstains from anything which causes discomfort and indigestion after eating, she need not vary much from her accustomed diet; remembering, however, that highly seasoned, rich and greasy foods invite trouble, and that tea and crackers, coffee, etc., are not going to form the basis of a good supply of milk. Cocoa, Milk, Buttermilk and Water abundantly; Tea, Coffee sparingly, should be the rule; Beer and Alcoholic Beverages not at all, since alcohol may enter the fetal system unchanged by its passage through the maternal blood and thus injure the child. Most physicians prefer that meat

should not be taken oftener than once a day, but a wide range is given in fruits, vegetables, etc.

QUANTITY—The popular belief that the expectant mother must “eat enough for two” is frequently overdone and may cause much of the distress from indigestion, heartburn, etc., by the mere fact of overloading the stomach. The addition of milk, cocoa, broths, with biscuit to the regular meals should prove sufficient for the extra needs.

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## EXCRETIONS

PRESSURE of the enlarging uterus upon the intestines invariably produces constipation at a time when at least one free movement of the bowels daily is important. To overcome this condition, foods rather than purgatives or enemas should be used. All fresh fruits are of value in this respect, followed in value by the cooked dried fruits. Bread made from coarse grains (as cornmeal, whole wheat and bran) are also very beneficial in stimulating intestinal activity. Ordinary bran eaten as raw cereal with cream has sometimes proved effective when other measures have failed. Fresh vegetables, especially the green ones, have a laxative effect, and offer a large choice: Asparagus, Onions, Tomatoes, Peas, Potatoes, Lima Beans, Carrots, String Beans, Spinach, Celery, Cress, Lettuce, etc. In some instances, Cabbage, Cauliflower, Turnips, Baked Beans, Radishes and Onions are not readily digested, and this of course

would prove an indication to avoid them. When dietary measures fail, Senna may be tried, but regularity in going to toilet must be combined with *all* measures.

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## RECIPES FOR CONSTIPATION

### BRAN BREAD—

- One cup cooking molasses.
- One teaspoonful soda.
- One small teaspoonful salt.
- One pint sour milk or buttermilk.
- One quart of bran.
- One pint of flour.

Mix well and bake in moderate oven, either in a loaf or gem pans as preferred. Eat freely and persistently to produce effect.

### SENNA PRUNES—

- One ounce Senna leaves.
- One quart boiling water.
- One pound prunes.
- Two tablespoons brown sugar.

Place leaves in jar, pour over them the boiling water. Allow them to stand for two hours, strain, and to the clear liquid add the prunes well washed. Let them soak over night. Cook until tender in same water, sweetening with brown sugar. Begin by eating half a dozen of the prunes with the syrup at night, and increase or decrease as may be needed.

## SENNA COMBINATION—

One pound dried prunes.

One pound figs.

Two ounces powdered Senna leaves.

Two tablespoonfuls molasses.

Wash prunes and figs well; remove stones from prunes; if very dry, soak for an hour. Put both fruits through meat chopper, adding Senna finely powdered. Stir into this mixture the molasses to bind it together. Keep the paste tightly covered in glass jar in cool place. At bedtime, eat an amount equal to size of an egg. Increase or decrease as desirable.

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CLOTHING

CLOTHES must be chosen with due regard to climate and season, but an even distribution of warmth is desirable. The present day one-piece dresses, hung from the shoulders, cannot be improved upon as an addition to the expectant mother's wardrobe, and are not difficult to reproduce from patterns.

Special corsets for this time can be procured, but if a substitute must be made, bones should be removed from ordinary corsets and elastic inserted. Shoes, comfortable, well-fitting and with common-sense heels, will prevent danger of falling and prevent extra pressure upon the lower abdomen which is already under a strain.

## SKIN

THE SKIN PORES are important factors in getting rid of the body's waste products, therefore to help them over a time of extra work, the daily bath, shower, or sponge should be adopted, always avoiding the very hot or very cold extreme.

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## VENTILATION

OXYGEN, as provided by air, is at all times essential to health, and probably more than ever to the pregnant woman, and the importance of well-aired homes and open windows at night should never be lost sight of.

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## CARE OF THE BREASTS

THEIR development should be assisted by always wearing at this time loose clothing. About the eighth month, the physician may be consulted about the condition of the nipples and advise if they require special preparation for nursing. Washing with warm water and soap at bedtime, then anointing with lanolin and covering with soft linen, helps to toughen the nipples.

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## TEETH

ANY CAVITIES should be attended to early in pregnancy, to avoid later trouble when dental operations may be less easily borne. In addition, brushing after

meals and rinsing the mouth after vomiting or eructations of gas, does much to save the teeth. A teaspoonful of milk of magnesia, a teaspoonful of baking soda, or a teaspoonful of lime water in a glass of water are all equally good as mouth washes.

### PREPAREDNESS

Do not delay the preparation of clothing and articles required at the time of delivery, and thus save much confusion and anxiety all round.

#### FOR MOTHER—

Nightgowns, 3.

Oil-cloth or Rubber Sheeting, 1½ yards square.

Cotton Batting, 1 roll.

Sterilized Gauze, 2 lbs., or equivalent in old clean linen.

#### FOR DOCTOR AND NURSE—

Sterilized Absorbent Cotton, 2 lbs.

Basins, 3.

Soap, White, Castile.

Nailbrush, 1 (new).

Vaseline, 1 tube.

Safety Pins, large and small, 2 dozen.

Hot Water Bottle.

Olive Oil, 6 ounces.

Boracic Acid, 1 can.

## FOR THE BABY'S WARDROBE—

Soft warm blanket to receive him or her.

Bands of soft flannel, unhemmed—length, 27 inches; width, 6 inches.

Nightgowns of outing flannel, 3.

Undershirts, cotton and wool, 3.

Petticoats, flannel, 3.

Dresses, 3.

Diapers, 1½ dozen, 18 inches.

Diapers, 1½ dozen, 22 inches.

## FOR BABY'S BATH—

Bath tub.

White Castile Soap.

Boric Acid Solution.

Quantity of old clean linen.

Sterilized Absorbent Cotton, ¼ lb.

Safety Pins, large and small.

Bath Towels, large and soft, 2.

Face Towel, old and soft, 1.

Soft Wash Cloths, 2.

White Vaseline, 1 tube.

Talcum Powder, plain, 1 tin.

Thermometer (if not too expensive).

Soft Brush and Fine Comb.

Olive Oil, 6 ounces.

The first attention given baby should be a thorough oiling of entire body, not a bath in water.



THE BABY'S BATH

COMPLETE immersion should be withheld until after the cord has fallen off.

DRESSINGS for cord are made from the sterilized gauze in squares of about 4 inches; cut a small hole in the centre, and cut through one side of gauze to the centre hole. After cleansing the stump thoroughly with boiled water, dry by gentle patting with one of the squares. Then slip two of the squares around so that the cord comes through the hole in centre and rests on gauze, dust well with boric powder, using a salt shaker, if necessary. Cover with a folded square and apply band. Should it become at all sore, see doctor.

## FOR BABY'S BED—

Wicker Basket (can be painted white).

Lining around inside.

Soft hair mattress, or pillow.

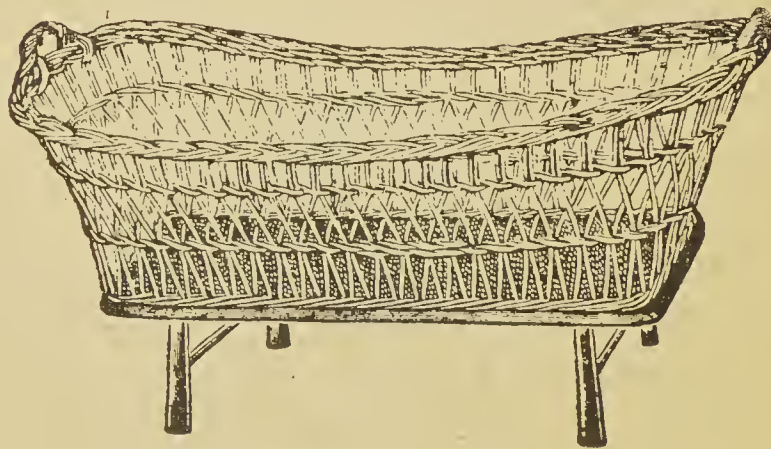
Rubber sheeting or white table oilcloth, 2 squares.

Soft old blanket, over oilcloth.

Soft flannelette sheet next.

The top covers should not be heavy, but of light weight, warm materials.

A pillow under the head is not really necessary.



THE BABY'S BED

## FOR BABY'S PROTECTION FROM POSSIBLE BLINDNESS

Eyes should be carefully cleansed with a saturated solution of Boric Acid, followed by two or three drops of a 1% solution of Silver Nitrate, or 40% solution of Argyrol, to prevent sore eyes and sometimes blindness. This should be done by the doctor or nurse. The baby should be placed in a quiet, darkened room, and kept warm.

## FOR BABY'S PROTECTION FROM DIFFICULTIES OF VARIOUS KINDS IN LATER LIFE

### REGISTER BIRTH—

So that your child can prove citizenship.

So that your child can prove identity in case of inheritance.

So that he may hold insurance if he desires.

To prove his right to hold public office.

## NURSING

## ADVICE TO NURSING MOTHERS—

Keep yourself well; as long as you are well, the baby will be well.

Even though you have very little milk at first, do not get discouraged.

Do not give up nursing the baby, but if necessary feed a little from the bottle *after* nursing.

Do not indulge in cigarette smoking when baby is depending upon you for food.

Eat plain food; avoid pickles, salads and spicy foods.

Drink plenty of water and milk, avoiding Tea, Coffee and Alcoholic Beverages.

Protect baby from *your* colds; do not cough, sneeze, or breathe in his face.

Do not wean or change food without consulting your physician.

The return of monthly periods should not interfere with nursing.

If baby is thriving, continue with breast-feeding for 9 or 10 months without other foods.

In case of pregnancy or acute illness, baby may be weaned.

Wean gradually by giving first one, and later two or more feedings from cup or bottle.

Avoid weaning during summer months.

If weaned before eight months, baby will use bottle; if at ten or eleven months, teach use of cup or spoon.

### HOURS FOR NURSING

The baby should nurse regularly by the clock; regular feeding ensures regular sleep.

Waken the baby at nursing time and soon he will form the habit of waking regularly.

Night feeding (after the 10 o'clock nursing) may be omitted when baby is four months old.

Many babies do best if fed every four hours, as follows:

6 feedings in 24 hours—6 a.m., 10 a.m., 2 p.m., 6 p.m., 10 p.m., and once during the night; or

5 feedings in 24 hours—6 a.m., 10 a.m., 2 p.m., 6 p.m., and 10 p.m., or later.

Some babies require to be fed every 3 hours, as follows:

7 feedings in 24 hours—6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., 9 or 10 p.m., and once during night; or,

6 feedings in 24 hours—6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., and at mother's bedtime.

### REASONS FOR NURSING

It is safer; ten bottle-fed babies die to one fed on the breast.

It protects your baby from many infant diseases.

It protects your baby from summer diarrhoea.

It is absolutely clean.

It is the only perfect food for a baby.

Give your baby plenty of cool, boiled, unsweetened water. This is too frequently neglected.

Do not wash out baby's mouth; washing the nipple with Boric before nursing accomplishes the same end and clumsy fingers may work more harm than good on the delicate membranes.

Use small pieces of absorbent cotton wet with Boric Acid Solution to cleanse nose and external ear.

Burn all cotton after using for cleansing purposes.

Babies should sleep alone, both for reasons of safety and hygiene.

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## ARTIFICIAL FEEDINGS

If your baby must be bottle-fed, do not experiment with prepared foods. None of them can take the place of cow's milk modified to suit the digestive powers of your child. Get the proper formula from your Doctor, as every baby may not be able to take care of the same proportions.

## CARE OF COW'S MILK

Milk should be bought in sealed bottles.

Milk dipped from a can is never safe, having been exposed to dirt, dust and flies.

Milk should not be left standing on the doorstep in the sun, or in a warm kitchen. If you have not a refrigerator, make an ice-box for the baby's milk at least.

Milk bottles should always have the tops washed off to prevent the dirt from the stoppers from getting into the milk.

## HOME-MADE ICE BOX

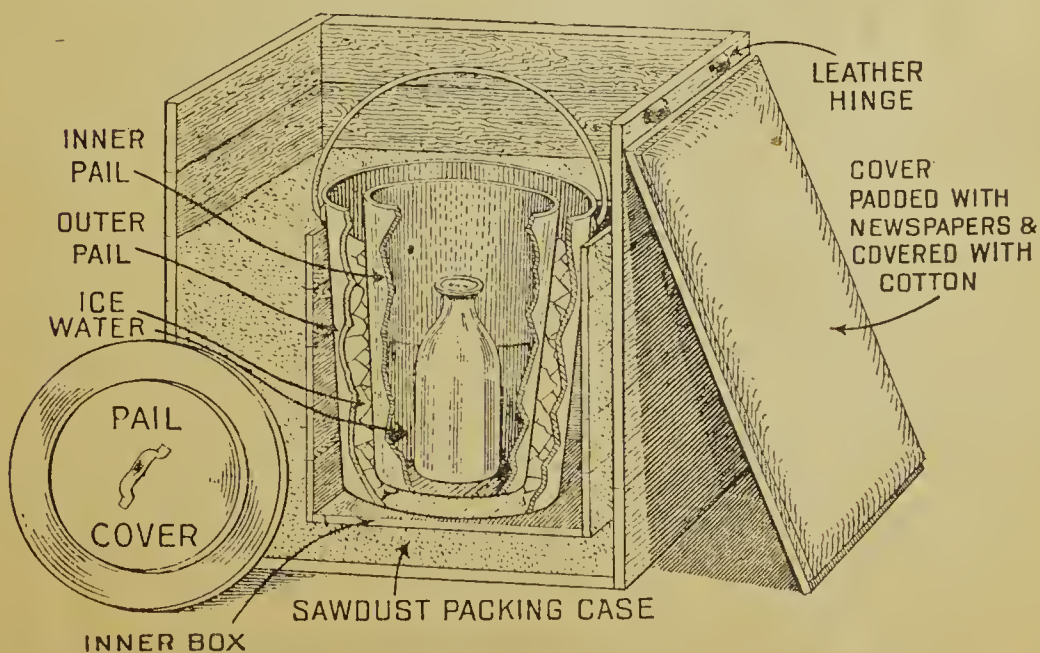
One wooden box about 18 inches square with lid.

Sawdust.

One large tin pail.

Cardboard.

One small tin pail.



HOME-MADE ICE BOX

Fill box about three inches deep with sawdust, put in large pail, and fill in space between pail and box with sawdust, first, fitting cardboard around pail to keep sawdust in place when pail is removed. Place bottles with milk in smaller pail, and set it within larger one. The outer pail must have a cover. Fill the space within large pail with cracked ice.

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### PREPARATION OF MILK

Hands and all dishes used in the preparation of baby's food, must be clean.

Prepare the food at the same time every day.

Prepare the whole amount for the baby at one time and pour the proper quantity for each feeding in separate bottles.

When the milk is to be boiled, observe following rules: Measure out the required number of ounces of water, put in saucepan and bring to active boiling point. When boiling, pour in the required number of ounces of milk and bring to a boil as quickly as possible, stirring all the time so that a scum will not form upon the top. Boil for three minutes by the clock, stirring all the time.

Do not add the sugar until the food is taken off the stove. In measuring sugar, level off the spoons with a knife.

Pour at once into clean feeding bottles, as many bottles as there are feedings, and as many ounces in

each as has been ordered for a feeding. Cork with "clean absorbent" cotton. Cool bottles in cold running water in summer, or on the window in winter, and then place immediately in the ice-box.

When the milk is *not* to be boiled, boil the water alone, take it off the stove, measure out the proper quantity and add the sugar while it is hot, allow it to stand until cold before adding milk, which should be cold also.

Always use a fresh unopened bottle of milk, pour milk into a clean pitcher and then back into bottle to thoroughly mix the cream.

Hold the baby in your lap while feeding. It should take from fifteen to twenty minutes to take the bottle. If the food is not all taken in twenty minutes, and you are sure there is no fault in the nipple, throw the remainder away and do not give anything before the next feeding is due.

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## UTENSILS

As many nursing bottles as there are feedings in one day.

A nipple for each bottle.

A new clean stopper for each bottle, of absorbent cotton.

A bottle brush.

A graduated measuring glass.

A two-quart pitcher.

A funnel.

A long-handled spoon for stirring the food.

A knife.

A tablespoon.

A double boiler.

A pan to boil up utensils.

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### DON'TS IN BOTTLE FEEDING

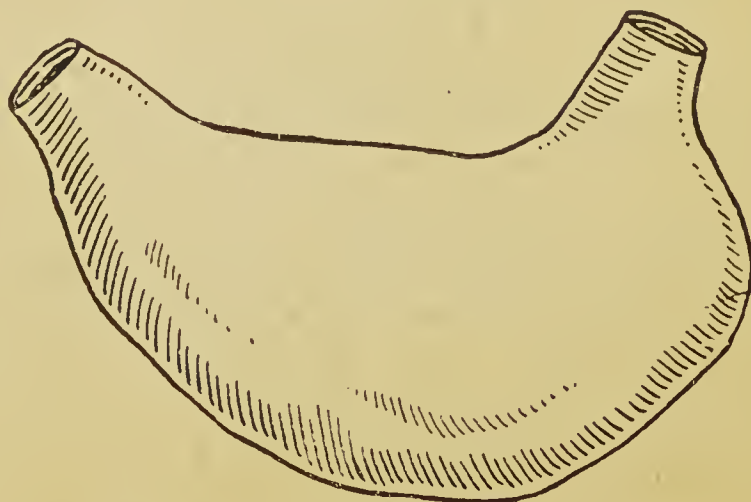
DON'T put the nipple in your own mouth to find out whether the milk is warm enough. Test it on your wrist.

DON'T use the Thermos Bottle method of keeping the baby's food ready for the night feedings.

DON'T let your baby go to sleep during a feeding.

DON'T let your baby feed too rapidly; rather use a nipple with a smaller hole.

DON'T expect too much of your baby's stomach. The capacity of the average new-born baby's stomach is about one ounce.



OUTLINE OF STOMACH OF NEWLY-BORN INFANT—ACTUAL SIZE

DON'T neglect to have baby regularly weighed. If you have no scales at home, and there is a baby clinic within reach, attend that. The baby's weight is usually the guide to its progress. The healthy baby should gain steadily, and a gradual loss or no gain over a lengthy period indicates something wrong, and the Doctor should be consulted. The average gain is one ounce a day, from the third or fourth week up to the fourth month of life. From then on, the gain is about half an ounce a day until the twelfth month.

DON'T forget that the baby's weight should be taken about the same hour each time, to be an accurate record.

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## DIETS

The average baby should be weaned at about nine months, and the following suggestions regarding a daily dieting may be helpful.

### 9 MONTHS

- 6 a.m. Feeding milk, 8 ounces.
- 9 a.m. Orange juice, 2 teaspoonfuls, strained.
- 10 a.m. Feeding added to Cereal Food which has been cooked 4 hours and strained.
- 2 p.m. Feeding.
- 6 p.m. Feeding.
- 10 p.m. Feeding.

## 12 MONTHS

- 6.30 a.m. Milk 6 ounces, with Cereal.  
9 a.m. Juice of Whole Orange.  
10 a.m. Milk, 4 or 5 ounces, with Cracker or Zwiebach.  
12 noon. Broth, a cupful; Green Vegetable, one tablespoonful. Dry Toast with Butter.  
6 p.m. Milk, 6 ounces, with Cereal.  
10 p.m. Milk, about 8 ounces.

## FROM 13 TO 16 MONTHS

- 7 a.m. Cereal with Milk, 7 or 8 ounces.  
10 a.m. Fruit Juice or Pulp.  
1 p.m. Broth, 1½ or 2 cupfuls; Vegetables, 2 tablespoonfuls; Bread and Butter; Plain Dessert or Pudding, such as Junket, Cornstarch, Custards, etc.  
3 p.m. Crackers or Bread and Butter; Milk, 7 or 8 ounces.  
6 p.m. Cereal, with Milk, 7 or 8 ounces.

## FROM 16 TO 18 MONTHS

- 7 a.m. Cereal, Milk about 6 ounces.  
10 a.m. Fruit Juice or Pulp.  
12 or 1 p.m. Soup; Egg, soft-boiled; Vegetables, 2 to 3 tablespoonfuls; Fruit or Plain Pudding.  
(Do not give Custard when Egg has been given during meal.)

3 p.m. Bread and Butter or Crackers and Milk, 7 or 8 ounces.

6 p.m. Cereal and Milk, about 6 ounces.

#### FROM 18 TO 24 MONTHS

7 a.m. Cereal with Milk and the addition of Bread and Butter.

10 a.m. Fruit Juice or Fruit Pulp, or Cooked Fruits with a Cracker.

12 or 1 p.m. Egg or Soup; Vegetables and Plain Pudding, with Bread and Butter and Glass of Milk.

3 p.m. Cracker or Bread and Butter and Glass of Milk.

6 p.m. Cereal with Milk and Bread and Butter.

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### IMPORTANT RULES REGARDING DIETS

Cook all Cereals thoroughly four hours. It is safer to pass all Cereals and Vegetables through a sieve at first.

Always remember in adding a new food to the Dietary to give small quantities until you see whether it is digested or not.

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In this revised Health Bulletin, we are indebted to the following sources for material used:

U.S. Department of Labor Publications; Ontario Public Health Bulletins.

